

2nd Year Information Evening



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The Importance of 2nd Year



“second year [is] a critical year in shaping the future trajectory of students, with some students becoming more disengaged, and others studying harder and becoming more engaged as learners” 1 . Indeed, “second year emerges as a key phase in shaping students engagement with learning”2 . It is important therefore to try and engage your son or daughter in the learning process that is study.

Emer Smyth et al. Pathways Through The Junior Cycle: The Experience of Second Year Students, Dublin: E.S.R.I. 2006.

Common Questions Parents/Guardians Ask?

- How much study should my child do?
- How can I get them motivated?
- What should I do at exam time?
- What can I do to help as a parent?



Benefits of having a positive mindset towards study

- A reduction in stress associated with school and exams
- An increase in happiness level with higher levels of positivity.
- More increased personal confidence.
- More focused students.
- Better results.
- A greater sense of control and mastery.



Study: *Learning to Learn*



- When students are asked how they study Maths, the general response is that they do different examples of problems over and over again. When asked why they do not just read the maths book, the response is that that does not work; the problems need to be written for the methods to be absorbed. What is actually happening is that the student is processing the information by carrying out a physical activity with a pen in the hand. Students agree that this is necessary for Maths.
- The argument here is that it is necessary for all subjects, i.e. **reading only does not work - there should be some form of processing of the information for all subjects**. Reading alone or re-writing or transcribing the text from a book into notes does not ensure retention. Indeed, using a highlighter or underlining key sections of text – while helping to highlight important points – does not help retention.

Four mains ways students can learn



1. Visual (seeing) learners like to learn through written language such as reading and writing. They remember what they have written down. They use bullet points, charts, graphs, mind maps, pictures, write stories, or use flash cards.
2. Auditory (hearing) learners make speeches or presentations, use recordings, read out loud, create musical jingles to aid memory or tell stories.
3. Reading/Writing learners often have to write something out before they feel they know it.
4. Kinesthetic (doing) learners learn by doing, touching or making. They often move about while studying.

The Best Study Techniques



1. The SQ3R Method



The SQ3R method is a reading comprehension technique that helps students identify important facts and retain information within their textbook. SQ3R (or SQRRR) is an acronym that stands for the five steps of the reading comprehension process. Try these steps for a more efficient and effective study session:

- **Survey:** Instead of reading the entire book, start by skimming the first chapter and taking notes on any headings, subheadings, images, or other standout features like charts.
- **Question:** Formulate questions around the content of the chapter, such as, What is this chapter about? What do I already know about this subject?
- **Read:** Begin reading the full chapter and look for answers to the questions you formulated.
- **Recite:** After reading a section, summarize in your own words what you just read. Try recalling and identifying major points and answer any questions from the second step.
- **Review:** Once you have finished the chapter, it's important to review the material to fully understand it. Quiz yourself on the questions you created and re-read any portions you need to.

2. Retrieval Practice



Retrieval practice is based on the concept of remembering at a later time. Recalling an answer to a question improves learning more than looking for the answer in a textbook. And, remembering and writing down the answer to a flashcard is a lot more effective than thinking you know the answer and flipping the card over early.

- If you practice retrieval, you are more likely to remember the information later on. Below are some ways you can implement the retrieval process into your study routine.
- Utilise practice tests: Use practice tests or questions to test yourself, without looking at your book or notes.
- Make your own questions: Be your own teacher and create questions you think would be on a test.
- Use flashcards: Create flashcards, but make sure to practice your retrieval technique. Instead of flipping a card over prematurely, write the answer down and then check.

3. Spaced Practice



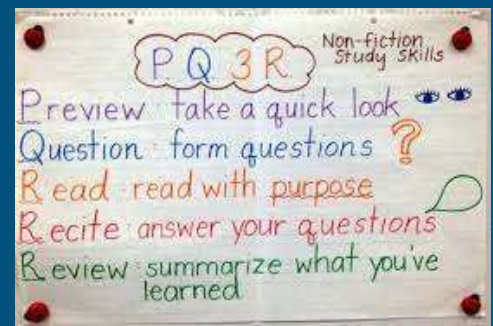
Spaced practice (also known as “distributed practice”) encourages students to study over a longer period of time instead of cramming the night before. When our brains almost forget something, they work harder to recall that information. Spacing out your studying allows your mind to make connections between ideas and build upon the knowledge that can be easily recalled later.

To try this technique, review your material in spaced intervals similar to the schedule below:

- Day 1: Learn the material in class.
- Day 2: Revisit and review.
- Day 3: Revisit and review.
- After one week: Revisit and review.
- After two weeks: Revisit and review.

It’s important to start planning early. At the beginning of each semester, schedule some time each day just for studying and reviewing the material. Even if your exams are months away, this will help you hold yourself accountable.

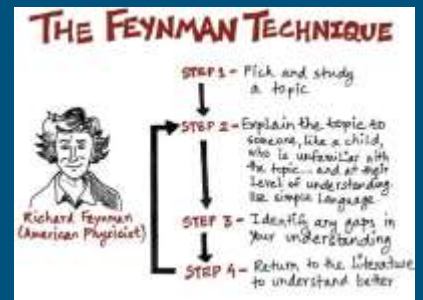
4. The PQ4R Method



This method takes an active approach to learning that improves memorization and understanding of the topic. Similar to the SQ3R method above, PQ4R is an acronym that stands for the six steps in the process.

- Preview: Preview the information before you start reading to get an idea of what the subject matter will be. Skim the material and read only the headers, subheadings, and highlighted text.
- Question: Ask yourself questions related to the topic, such as, What do I expect to learn? What do I already know about this topic?
- Read: Read the information one section at a time and try to identify answers to your questions.
- Reflect: Did you answer all of your questions? If not, go back and see if you can find the answer.
- Recite: In your own words, either speak or write down a summary of the information you just read.
- Review: Look over the material one more time and answer any questions that have not yet been answered.

5. The Feynman Technique



The **Feynman Technique** is an efficient method of learning a concept quickly by explaining it in plain and simple terms. It's based on the idea, "If you want to understand something well, try to explain it simply." What that means is, by attempting to explain a concept in our own words, we are likely to understand it a lot faster.

How it works:

- Write the subject/concept you are studying at the top of a sheet of paper.
- Then, explain it in your own words as if you were teaching someone else.
- Review what you wrote and identify any areas where you were wrong. Once you have identified them, go back to your notes or reading material and figure out the correct answer.
- Lastly, if there are any areas in your writing where you used technical terms or complex language, go back and rewrite these sections in simpler terms for someone who doesn't have the educational background you have.

6. Leitner System

The **Leitner System** is a learning technique based on flashcards. Ideally, you keep your cards in several different boxes to track when you need to study each set. Every card starts in Box 1. If you get a card right, you move it to the next box. If you get a card wrong, you either move it down a box or keep it in Box 1 (if it's already there).

Each box determines how much you will study each set of cards, similar to the following schedule:

Every day — Box 1

Every two days — Box 2

Every four days — Box 3

Every nine days — Box 4

Every 14 days — Box 5



7. Color-Coded Notes



Messy notes can make it hard to recall the important points of a lecture. Writing in colour is a dynamic way to organize the information you're learning. It also helps you review and prioritize the most important ideas.

A recent study found that colour can improve a person's memory performance. That same study found that warm colours (red and yellow) "can create a learning environment that is positive and motivating that can help learners not only to have a positive perception toward the content but also to engage and interact more with the learning materials." It also reported that warmer colors "increase attention and elicit excitement and information."

- Writing in colour may seem like a no-brainer, but keep these tips in mind:
- Write down key points in red.
- Highlight important information in yellow.
- Organize topics by colour.
- Don't colour everything—just the most important information.



8. Mind Mapping



If you're a visual learner, try mind mapping, a technique that allows you to visually organize information in a diagram. First, you write a word in the center of a blank page. From there, you write major ideas and keywords and connect them directly to the central concept. Other related ideas will continue to branch out.

The structure of a mind map is related to the way our brains store and retrieve information. Mind mapping your notes instead of just writing them down can improve your reading comprehension. It also enables you to see the big picture by communicating the hierarchy and relationships between concepts and ideas.

So, how do you do it?

- Grab a blank sheet of paper (blank templates available in Guidance Offices) and write your study topic in the center, such as "child development."
- Connect one of your main ideas (i.e., a chapter of your book or notes) to the main topic, such as "developmental stages."
- Connect sub-branches of supporting ideas to your main branch. This is the association of ideas. For example, "Sensorimotor," "Preoperational," "Concrete operational," and "Formal operational."

TIP: Use different colours for each branch and draw pictures if it helps.

9. Exercise Before Studying



Not only does exercise fight fatigue, but it can also increase energy levels. If you're struggling to find the motivation to study, consider adding an exercise routine to your day. It doesn't have to be a full hour at the gym. It can be a 20-minute workout at home or a brisk walk. Anything to get your heart rate pumping. Exercising before you study:

- Kickstarts brain function and can help improve memory and cognitive performance.
- Releases endorphins, which can improve your mood and reduce stress levels.

10. Study Before Bed



- Sleep is crucial for brain function, memory formation, and learning. Studying before you sleep, whether it is reviewing flashcards or notes, can help improve recall. According to Scott Cairney, a researcher from the University of York in the United Kingdom, “When you are awake you learn new things, but when you are asleep you refine them, making it easier to retrieve them and apply them correctly when you need them most. This is important for how we learn but also for how we might help retain healthy brain functions.”
- When you're asleep, the brain organizes your memories. Instead of pulling an all-nighter, study a few hours before bed and then review the information in the morning.

What can I do as a Parent/Guardian?



- Create a study-friendly environment away from distractions such as T.V. computers and other siblings that may cause a distraction.
- Mobile phones should be left in another room where they are not a distraction.
- Ensure there is a space i.e. desk to study and they have all the necessary equipment.
- Provide a healthy diet.
- Encourage exercise and good sleeping patterns which are also necessary to allow good study habits to develop.

How long should a student study for?

Every student is different, but below is a rough guide to how many hours you should spend every day on homework and study combined. Remember, it takes experimentation to find out what suits you. Your study times should most of all suit your academic needs and goals:

First year – 1.5 hours per day

Second year – 2 hrs per day

Third year – 2.5/3 hrs per day

Fifth year – 3-4 hrs per day

Sixth year – 3.5hrs-5 hrs per day



Screen Time



- Unfortunately – there is no magic number, children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear boundaries on screen time and set a good example.
- Parents should find out whether their child is being productive versus passive online. Is your child learning online, doing homework or are they spending their time scrolling through social media? The internet can be a wonderful resource for children and teens, allowing them to learn, create and grow – but only if they are using it productively. Passive use of the internet, such as scrolling through social media can have negative effects on well-being.

<https://vimeo.com/200804832> Advice for parents from Dr John Barry

The Importance of Attendance

- Outside factors influence school attendance negatively, in particular part-time working, social life and household labour (especially among females).
- There is evidence that participation in sports has a positive impact on attendance;
- Poor attendance while at school has implications in the short-term in terms of school completion and poor examination performance;
- In the longer term, those who frequently 'skip' school are less likely to progress to further study.
- This is the case even among those with similar Leaving Certificate performances to their peers who attend school regularly;



Student Support



Signs that *may* indicate your child requires extra support:

- Irritability
- Sleep/Diet disturbances
- Withdrawal from previously enjoyed activities
- Regular physical complaints
- Refer to the HSE *yourmentalhealth* page to get advice on ways to mind your mental health <https://www2.hse.ie/mental-health/>

Seek advice from school by contacting someone from the Student Support Team: Tutor/YearHead/Guidance Counsellor/Chaplain/SMT

Useful Resources

- www.webwise.ie
- <https://igc.ie/wp-content/uploads/2020/02/STUDY-LEARNING-TO-LEARN.pdf>
- <https://igc.ie/wp-content/uploads/2020/02/Parents-THE-EXPERIENCE-OF-STUDENTS-IN-SECOND-YEAR-OF-JUNIOR-CYCLE-N.C.C.A..pdf>
- <https://igc.ie/wp-content/uploads/2020/02/Parents-INTERNET-SAFETY-FOR-PARENTS.pdf>

Thank You

Motivation is what sets you in motion, habit is what keeps you going (Jim Ryun)

